

# ABSTRACT

A method of winding an optical fiber on a reel,  
utilizing

5 the optical fiber having the following characteristics:

- effective area is larger than  $50 \mu\text{m}^2$ ,

- zero dispersion wavelength is outside a range of 1530-1565 nm,

- absolute value of the dispersion value in the entire  
10 wavelength range of 1530-1565 nm is in a range of 2-14  
ps/nm/km, and

- bending loss at a 1550 nm-wavelength is in 1-100 dB/m  
when wound at a diameter of 20 mm, and

the reel with a barrel diameter of 100 to 200 mm; and

15 winding the optical fiber on the reel with satisfying  $d < p < 2d$  and  $0.004 \leq (2T/D) \leq 0.007$ , wherein  $d$  is a coating  
outer diameter of the fiber (mm),  $D$  is a barrel diameter  
(mm),  $T$  is a winding tension (N), and  $p$  is a winding pitch  
(mm).

20